



Santa Trot 5K



LaFollette, Tennessee
December 3, 2016 - 9:00 a.m.

Race conducted by City of LaFollette to raise funds to construct an Amphitheater

Runners & Walkers welcome to join Santa in the 5K prior to the Christmas Parade

LOCATION/DIRECTIONS: LaFollette, Tennessee. About 45 minutes north of Knoxville. Take I-75 to Exit 134. Continue on 25W (Appalachian Highway) into LaFollette.

COURSE DESCRIPTION: A course along the streets of LaFollette decorated for the holiday season and the Christmas parade to be held later that evening. Race start & finish on South Tennessee Avenue. The course will travel Central Avenue to the hospital area; turn on Beech back to Central and finish on Tennessee Avenue.

REGISTRATION & FEES: On-line registration is encouraged. Early registration FEE - \$25 if entry is received or post-marked no later than Friday, November 25, 2016 FEE after early mail registration ends: \$30 On-line registration will continue through race day. Race fee may be paid with cash, check or credit card. Day of race registration at LaFollette City Hall on S. Tennessee Avenue from 7:45 - 8:40 a.m. Race day management by Total Race Solutions.

T-SHIRTS: Pre-registered runners will receive shirt on the day of the race. Race day registrants will receive shirts as supply last.

AWARDS: Special Christmas Awards to 1st, 2nd & 3rd Place - Overall winners (Male & Female) and to first place Masters (40+) and Grandmasters (50+) - Male & Female. Special Christmas Awards three deep in the following age divisions: MALE: 14-under; 15-19; 20-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-69; 70-79; 80-up FEMALE: 14-under; 15-19; 20-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-69; 70-up

AFTER THE RACE: Refreshments and Awards follow the race at LaFollette City Hall.

INFORMATION: Contact race director: Johnnie Hickman - 423-566-0773 (H) 423-871-0709 (C) hickmanjland@comcast.net or www.totalracesolutions.com Race forms available at City of LaFollette - Clerk's Office - 423-562-4961



LINK TO REGISTER ON-LINE: <https://runsignup.com/Race/TN/LaFollette/SantaTrot5K>

----- Clip & Return -----

RACE REGISTRATION FORM

Name _____ Age (as of 12/3/2016) _____ Male: _____ Female: _____

Address _____ City _____ State _____ Zip Code _____

Email address _____ Birth Date ____/____/____

Runner's Phone # _____ Circle Adult T-Shirt Size: Small Medium Large X Large

Child Youth T-Shirt Size: Medium Large

In Case of Emergency Call: _____ Phone # _____

ATHLETE'S RELEASE: Please read. To run the race, you must sign and date this form in the appropriate space below.

I know that participating as a runner/walker in races and walks is a potentially hazardous activity. I should not enter and run in the Santa Trot 5K unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in the aforementioned race, including, but not limited to: falls, contact with other participants, the effects of weather including high heat and humidity, rain, the condition of the race course and traffic on the course, all such risks known and appreciated by me.

Having read this waiver and knowing these facts, and in consideration of your acceptance of my application. I for myself and anyone entitled to act on my behalf, waive and release the CITY OF LAFOLLETTE, TOTAL RACE SOLUTIONS, any and all volunteers thereof, and all further sponsors, their representatives, successors, from all claims of liability of any kind arising out of my participation in the aforementioned event, even though liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I also grant permission to all the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose.

Athlete's Signature

and, if under 18, Parent's Signature

Date

Mail Early Registration by 11/25/2016 to:

City of LaFollette
207 S. Tennessee Avenue
LaFollette, TN 37766

Make Check Payable to: City of LaFollette (Santa Trot 5K)